

Cabell Midland Marching Knights

Come out and help support your local 5-time state champions and honor band!! These students work extremely hard under the harshest of conditions and still come back to work hard and excel the following day. All the proceeds from this race go to supporting the band in all their ventures including healthy meals for all day camps, prop building fee, competition fees, and travel expenses.



5K RUN/WALK

Saturday

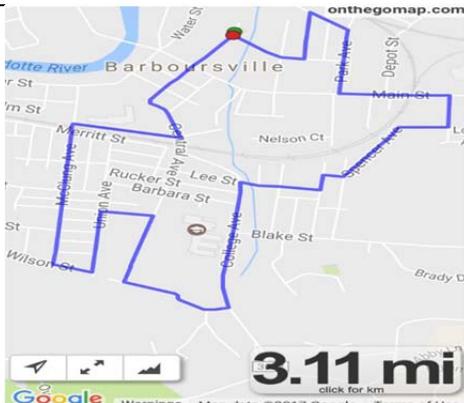
April 1, 2017

Starts 9:00am

Barboursville Skate park
Central Ave by old pool

NEW ROUTE!!

With special approval from City Council, this race will take place in the Village itself, not the park as usual! Streets include: Central, McClung, Wilson, Union, Shaw, Greenwood, College, Shipe, Spencer, Allen, Main, Park, Campbell, Lewis, & Kuhn.



Registration:

- \$20 pre registered by March 31
- \$25 Day of Race
- Register 8:00am day of race
- Online registration at Tristateracer.com

After race performance:

Cabell Midland Jazz Band will perform after the awards are presented

Refreshments and concessions available also!!

T-shirts:

- Race shirts guaranteed for everyone registered by March 25.
- Additional limited shirts for sale day of race, \$15 each

Mail in Registrations:

- Checks payable to Cabell Midland Band Boosters
- Mail to:
11 Pembroke Lane
Huntington, WV 25705

Awards:

Awards for top 3 male and female overall! Awards to top 3 finishers in each male and female group.

**Age groups: 14 and younger
15-18 19-29 30-39 40-49
50-59 60-69 70 and up**

Timed and officiated by:



Questions:

Contact Tri State Racer or race director Chris Zimmerman at chris32000@icloud.com
304-654-3301

Name: _____ Address: _____

Phone #: _____

Age at time of race: _____ Gender: Male Female

Email: _____

Shirt Size: _____ (2X, 3X, 4X - \$2 additional) Donation Amount: _____

Amount Enclosed: _____

WAIVER: I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to. falls, contact with other participants. the effects of weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I release the Village of Barboursville, Cabell Midland High School Band Boosters, Cabell Midland High School, Cabell County Schools, TriStateRacer.com timing, race officials. volunteers and all sponsors from all claims to liabilities arising out of my participation in this event.

Signature (parent for minor): _____ Date: _____